



2022



Happy Birthday!

Clients

- Betty B. 11/10
- Doug D. 11/12
- Lorraine E. 11/14
- James R. 11/14
- Mary T. 11/22
- Arni B. 11.28

Comfort Keepers

- Shyrl K. 11/15



Comfort Keeper of the Month

October 2022



Leslie G.

Since joining our team 14 years ago, Leslie has shown a level of commitment and willingness to make every client feel like they matter.

Caregiving, is very demanding physically, emotionally and mentally, yet to see Leslie with her clients, you would never know this.

Leslie is loved by her clients and families that she serves, and is always ready to go the extra mile to meet their needs. She is an exemplary CK and possesses a remarkable ability to connect with each client bringing a sense of humor and some fun to each client, thus "Elevating the Human Spirit".

Leslie is dedicated and always cheerful, upbeat, and keeps a positive attitude. She is always on time and works very hard to ensure our clients dignity and respect. We greatly appreciate her and are excited to name Leslie as our October 2022 Comfort Keeper of the Month!

Holiday Trivia

Writer and editor [Sarah Josepha Hale](#) convinced President Abraham Lincoln to officially declare Thanksgiving a national holiday, after three decades of persistent lobbying.

If you learned in preschool that a turkey goes "gobble, gobble," that's only about half true. Only male turkeys — appropriately named gobblers — [actually make the sound](#). Female turkeys cackle instead. So if you're trying to figure out whether a turkey's male or female, just wait until they open their beaks.

Question: Which President made turkey pardoning an annual event?

Answer: George H.W. Bush



Quote of the Month:

"Happiness isn't something you experience; it's something you remember."
— Oscar Levant

Comfort Keeper Kudos



Heather called and said that Mary really enjoys having Mayra read to her.

Karen has been a huge help to Lois and our family!!! She is very patient assisting Gram and answering questions we have. Please know we are very happy with Karen's work. Bonus that Gram talks about her as a friend!!

A big thank you to all of you, for all that you do every day for your clients, they truly appreciate you as well as we do.

You really are the BEST!!

November is National Caregiver Month

Focus on the following self-care practices:

1. Learn and use stress-reduction techniques, e.g. meditation, prayer, yoga, Tai Chi.
2. Attend to your own healthcare needs.
3. Get proper rest and nutrition.
4. Exercise regularly, even if only for 10 minutes at a time.
5. Take time off without feeling guilty.

